



# POCKET First Aid Kit

Many stores have ready-to-use first aid kits for sale. But you can make one for less money. Listed below are things you should carry in your pocket first aid kit. You can buy these items at most drug stores.

- ☐ 1 zipper-locking freezer bag (heavy plastic), one-quart size.
- ☐ 6 adhesive bandages, different sizes—buy waterproof or stretch kind.
- ☐ 2 fingertip bandages.
- ☐ Alcohol wipes.
- ☐ Antibiotic ointment.
- ☐ 4" x 4" gauze pads.
- ☐ 1" rolled gauze.
- ☐ Insect bite ointment or cream.
- ☐ Tweezers.
- ☐ First aid tape.

The items in this kit will treat most simple cuts and scrapes. Listed below are some other important first aid tips.

1. Learn first aid and CPR. This training can save a life. Call your local Red Cross chapter for more information. The number is in your telephone book in the blue pages.
2. Always fish or boat with a buddy.
3. Let adults know where you will be and when.
4. Know how to call for help. In some places you can call 911. If the number is different for where you are fishing or boating, write it down.



illustration-Ted Walke

5. Know when to call for help. Call when the person isn't awake; has broken bones; has pain that doesn't go away; has a head, neck, or back injury; has bleeding that won't stop; or if the person is not breathing.

6. Play it safe. A visit to the hospital is not a fun way to end a day on the water.



*This article isn't a fill-in for first aid training. These ideas are intended only to give you some simple tips to remember when on the water.*



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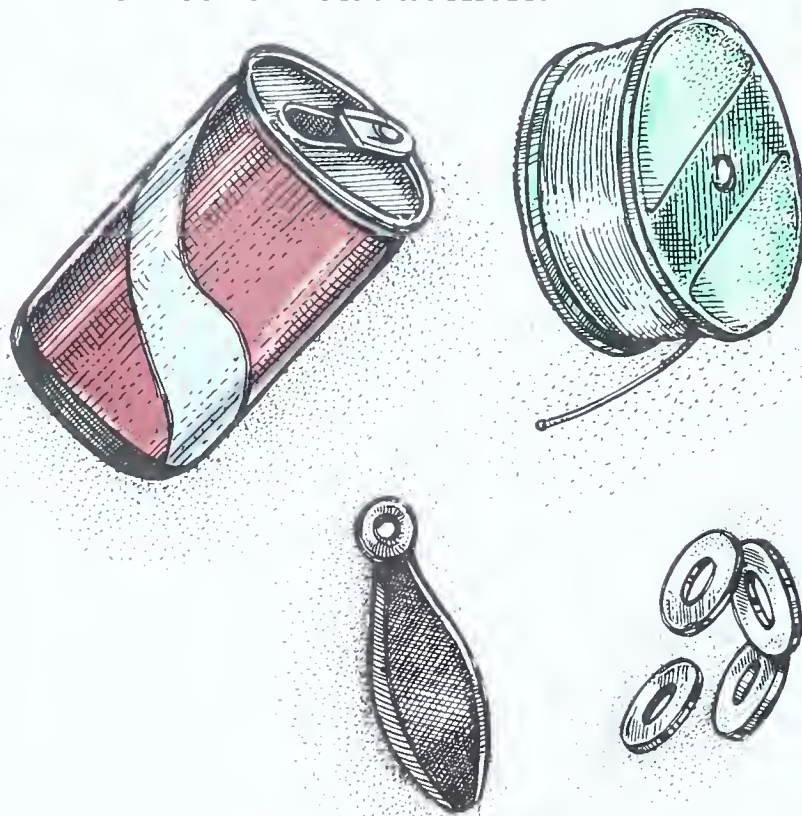


# Casting Cans

You don't need an expensive rod and reel to go fishing. All you need is a soda pop can with the tab still on, 20 feet of fishing line, and two washers to make your very own casting can—and the start of a lot of fun!

## Materials

- ☐ Aluminum soda can, with pop tab still attached.
- ☐ 20 feet of fishing line, 6-pound-test to 12-pound-test line.
- ☐ Sinkers, practice casting plug, or round metal washers.



## Procedure

- ☐ 1. Bend the tab up and tie the fishing line to it.
- ☐ 2. Wrap the line around the can.
- ☐ 3. Tie sinker or washers to line.
- ☐ 4. Casting can is now complete.

## How to Cast

Hold the can so the tab is pointing away from you. Hold the washer with one finger. Swing your arm back and release the washers on the way forward. You can also try a side-arm cast, just as you would use with a fishing rod. The line should shoot off the can!

For fun, try to cast at a target. An empty box works great. Start close, because it takes some practice to get it right. As you get better, move farther away. You can even use this instead of a fishing rod. Instead of the washer, tie on a hook and bobber.



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